

9th November 2011

Box no. 320

FRESH2U

ORGANIC FOOD DELIVERY

Box contents

Every Friday we will email the next week's box contents. You can make up to two changes weekly or let us know if you want something permanently removed. If you do not have email please call us on (03) 548 8737 and leave a message with changes to your box. **Changes must be received by 12pm Monday to be effective.**

*You can change your box size and type anytime, just let us know by **Monday 12pm** before your next delivery.*

Balance

mix of seasonal fruit and vegetables

Garden Fresh

Greens and vegetables

Custom Box (min \$40)

Select your own produce and quantities each week from our list of seasonal produce available.

Add on \$10 extra fruit and/or vegetables

Small Box \$30

Family Box \$40

Payment

Direct debit to Fresh2U Limited

ANZ 01 0677 0110068

00 or; place cheque made out to Fresh2U Limited in the plastic sleeve in the empty box each week.

Cancellations and box suspensions must be received by email or phone by Monday 12pm before your last delivery so we can deliver your last order in a cardboard box.

Broad Bean and/or Asparagus Salad

1 bunch asparagus and/or:

3-4 handfuls broad beans

spring of mint, roughly chopped

extra virgin olive oil

lemon juice

salt and pepper

crumbled feta to garnish

If using broad beans, remove the beans from the pods. Chop the asparagus into approx. 3cm lengths.

Put the beans and asparagus into a pot and cover with boiling water. Bring to the boil and simmer/ blanch for 4 – 5 minutes until the vegetables are tender. Drain and refresh in cold water to halt cooking.

Combine with the mint and dress with olive oil and lemon juice to taste. Season and tip into a serving bowl. Garnish with crumbled feta.

Spring Salad Dressing

50 ml vinegar; red wine, balsamic

Juice of a half lemon

1 teaspoon Dijon mustard

1 teaspoon honey or sugar

1 teaspoon soy sauce or tamari

200 ml extra virgin olive oil

Combine everything but the olive oil in a jar. Shake to combine. Pour in the olive oil and shake. Adjust taste with extra salt, honey or lemon juice. This makes approx. 1 cup of dressing.

Garden News

We have lots of broccoli at the moment so make the most of it before the summer heat arrives. Broad beans are also a pick at the moment plus the usual spring greens. Summer produce is coming along nicely with tomatoes, cucumber, basil, zucchini, capsicums and eggplant now planted out.

Payments

When setting up an automatic payment for your Fresh2U delivery, please ensure the funds arrive in our account on **the day of delivery** so we can easily track payments to the delivery date. Please ensure your payments are up to date so we can spend time less time on admin and more time growing and sourcing organic produce. Thank-you.

*Tell your friends about receiving delicious Fresh2U organic produce and when they sign up for a weekly box we will include an **extra produce item** with your next order!*

Unpacking your box

Place greens, herbs, broccoli, cut pumpkin, carrots etc in clean plastic bags and lightly tie the top. Keep in the vegetable draw or bottom of the fridge.

Keep potatoes, kumara and whole pumpkin in a cool dark place. Wrap in a paper bag if necessary.

Keep onions and garlic in cool dry place as moisture will make them sprout.

Put all the delicious fruit and avocados in a fruit bowl. Bananas will help ripen avocados.

Box contents...

We do our best to provide the produce listed on the Friday emails, however, due to the nature of nature we can't always guarantee the box contents. We decide what goes in the boxes on Friday but by harvest day there maybe less of an item as predicted or a sudden change in weather affecting a crop. In this event we will make a last minute substitution with a similar item.